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Emotional Freedom Technique

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On occasion, a revolution arises and creates a quick and massive transformation in the way society exists. When the iPhone was first released in 2007, it revolutionized how we communicate and gave us a tool to assist almost any situation. If we needed to make a phone call, take a picture, or a thousand in rapid succession — no problem. If we needed to transfer money, answer emails, texts or stay connected to friends and family around the world — sure thing.

What if I said there is a smartphone of a different sort, that everyone might not be aware of? The smartphone for the self-help industry has arrived! It has been available for nearly two decades. The smartphone I am referring to is called Emotional Freedom Technique (EFT), also known as tapping.

We can take it anywhere and it can help with almost anything. Have pain? No problem. Just witnessed something horrific? EFT act as emotional first aid. Uncertain about a decision? Just tap to get clarity. For those who commonly experience insecurities or harbor feelings of low self-worth, go ahead and tap the trauma away.

Sure, a bit of learning is required, but no more than first learning how to use an iPhone. Most of us probably fumbled through the apps and contents, and we will likely fumble the first few times we

attempt EFT, but once learned, people rarely go back to the old way of living.

I am sure this tool is preferable to carrying a corded phone, computer, camera, ATM, etc., whenever venturing out into the world. With EFT, things no longer need to be held any longer than wanted, and instant software upgrades and effortless application downloads are available and offer the ability to move with greater ease in the world.

I must divulge, I am not easily impressed. I am a skeptic through and through. I scrutinize everything. When something makes it through my filter, I research it to within an inch of its life — only then will I consider trying it.

This technique is revolutionary, and so simple to use.

A few years ago, when I came across EFT, I blew it off. However, working within the world of health and wellness meant EFT kept showing up. Eventually I took a course where the science behind EFT was discussed, which is when I was shocked by the



potential benefits and what EFT could do for the brain, body and our orientation to the world.

It seemed as if EFT could help almost any ailment, whether physical, psychological or emotional. The research was solid. The statistics were undeniable. The evidence was truly there.^{1,2} Yet it was still hard to believe people with severe Post Traumatic Stress Disorder (PTSD) were getting their lives back after a couple of EFT sessions.² And people with tremendous fear were getting over their fear in minutes.³

It was only after performing several EFT sessions myself with the same unbelievable results showing up in research papers, that I decided to adopt EFT as a new strategy to help people. I have now completed more than 1000 EFT sessions and completely understand and believe in the power of this tool.

The premise of EFT: The body has a meridian system that contains energy and information. By tapping on the body, we are accessing this energy and information, and giving it the opportunity to move out. Some of the energy and information being released, when tapping, is information related to stored trauma.

EFT is so effective, that Dr. Peta Stapleton, an expert in the field of Psychology, has stated that. EFT is part of the “4th wave” in psychotherapy, because it encompasses mind body and energy.⁴

An example of when the body has a reactivation of stored energy:

Pretend we have seen something we are afraid of. Our blood starts pumping, our thoughts shift unconsciously to survival mode, our eyes dilate, our muscles tense and your respiration rate increases. Boom! We are in fight, flight, freeze mode. Our bodies want to survive, and this is what they do to survive. The immediacy with which these responses happen is quite remarkable. We cannot simply command this reaction. In fact, the biochemical cascade is only possible because we are composed of energy. Yes,

energy. The eyes send the signal to the brain, which quickly alerts the rest of the body. Cell by cell, the alert is communicated to 300 trillion cells, in a matter of seconds. Unbelievable.

Unfortunately, there are sometimes glitches in the system, such as just thinking about the feared thing, versus directly experiencing it. The thought causes the body to go into fight, flight, freeze, as it does not recognize the difference between the thought of it ensuing and the situation truly happening. This phenomenon has been proven by Harvard researchers and has much greater significance to our lives than originally believed.⁵

Another glitch is if we do not actually *want* to have this type of response. Maybe a person is afraid of flying, but they are required to fly frequently for work. Or maybe during childhood, an individual decided their needs were not ever going to be met, but now, as an adult, they acknowledge their needs *can* be met.

We can either remove ourselves from the fear, decision or belief, like “checking out” or disassociating, or we can somehow send a different signal to the body that we are safe and can work this out.

To create your package, the first question to ask yourself is The latter will likely take some convincing, as



the brain becomes set in its 'pathways. Therefore, we will need to engage in multiple simultaneous actions to shift the belief system as it has, according to your brain, kept you alive.

This is why standard talk therapy takes so much longer to create change. Often, it does not incorporate a technique to clear the energetic trauma being held and very likely, when change is attempted, the brain signals lack of safety and overrides change.

I believe EFT is the perfect combination of input to allow change. First, the body needs to calm. When we tap on the body, we are sending a calming, rhythmic beat to the body. It acts as both a distraction and helps to move or release energy and information from the body. It also helps to get us back "into" the body. It sort of "wakes" us up, instead of remaining in a "checked out" state. It also enhances the brain/body connection and gets them in sync and communicating better. Honestly, if we did just this, we would be halfway to changing our reality.

As we both move the energy and send a calming signal by tapping on the body, we are changing the chemistry of the body. When we verbalize new truths, such as "I love and accept myself despite what is going on," the brain thinks, "What is going on? Normally we (the brain and body) freak out about this fear and now we are calming down?!" At this point, the brain reassesses the fear situation to see if we are truly about to die. When the brain realizes death is not immanent, and that we might have been operating under faulty programming, it begins to take down the neural network that created and perpetuated the fear.

This is how EFT works and why I promote the use of EFT! We can use this for many things, but particularly pain, physical or emotional. If we have doubts about what to do, or our ability to be, do or have something, we can tap and we will move the energy and information that is keeping us from knowing our innate wisdom and truth. €



Learn more about author Amy Stark at www.StarkTransformation.com.

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